

Can't live without it

1 VOCABULARY & LISTENING

a How good is your 'phone vocabulary'? Do the quiz with a partner.

b How would not having a mobile affect your life? Read the beginning of an article. What is the journalist's experiment? What is a 'nomophobe'?

Phone quiz

1 What three verbs are most commonly used to mean 'to telephone' somebody?

2 What are the missing verbs in these phrases?

- a Can you ____ me a **ring** this afternoon?
- b I need to ____ a few **calls** now. I'll get back to you later.

3 What's the missing word in these phrasal verbs?

- a Sorry, I've got to **hang** ____ now. I'm in a hurry.
- b I'm going to have to ____ my phone **off** now – my flight's boarding.
- c We were suddenly **cut** ____ in the middle of a conversation.
- d My mobile is pay-as-you-go, so I have to remember to **top** ____ my credit from time to time.
- e I'm **running** ____ **of** credit on my mobile, so I don't know how long we can keep on talking.
- f I tried calling her office all day but I couldn't **get** _____. The lines were permanently busy.
- g Sorry, I can't hear you very well. Could you ____ **up** a bit?
- h If you hold the line, I'll ____ you **through** to the accounts department.

4 Complete the missing words.

- a I need to **c** ____ my phone – the battery's very low.
- b Do you want my mobile number or my **l** _____?
- c I've been calling Tom on his mobile, but it's **e** ____ all the time.
- d I know he's been trying to ring me all day because I've got three **m** ____ calls from him.
- e If you don't know the number, call **d** ____ enquiries.
- f You have reached the **v** _____ service for 35364890. Please leave a message when you hear the tone.
- g There are usually **p** ____ **p** ____ in public places such as airports and stations for people who don't have or can't use their mobile phones.

My life is out of my hands

We are so addicted to our mobile phones that we suffer acute anxiety when we are without them. Or do we? Francesca Steele finds out.

It is 10 p.m. on a cold Friday and I am standing in a smelly phone box speaking to a barman, trying to persuade him to find my friends. 'Can you shout out?' I ask, 'or maybe look for them?'

The friends I'm supposed to meet later are in a bar somewhere in Central London, and we haven't yet made any definite arrangements about where to meet. 'They're about 26,' I yell over the music. 'And, er, they're probably wearing suits.' The barman disappears for a few minutes. Then he comes back to the phone. 'Hey, I think I've found them.' Another voice comes on the line. 'Er, hi. This is Richard. Who's that?' Wrong person. I hang up, thanking God that the experiment will be over tomorrow.

Welcome to life in the 21st century without a mobile phone. A recent study has discovered that we are so dependent on our phones that when we find ourselves without them, discover that the battery isn't charged, or are forced to switch them off, 53% of us feel extremely anxious and stressed, a 'condition' so prevalent that it has even been given a name, nomophobia.

But perhaps our condition is misguided. Sure, mobiles seem practical, but back in the old days we just planned better, didn't we? People were late less often and didn't expect you to always be contactable. A life without a mobile might even be better, more organized and relaxing. But could a nomophobe survive, let alone enjoy, a week without one? My newspaper asked me to try...



2 PRONUNCIATION sounds and spelling: /ʃ/, /tʃ/, /ʒ/, /dʒ/

a Look at the words below from **Vocabulary & Listening**. Decide what sounds the pink letters make, and write the words in the right column.

addiction	anxious	arrangement	attachment	century
conclusion	condition	crucial	decision	engaged
journalist	message	obsession	occasion	officially
pleasure	pressure	surgery	switched	technician

b **4.12** Listen and check. Practise saying the words.

c Now practise saying these sentences.

- Addictions and obsessions can make you anxious.
- We need to take some crucial decisions in the near future.
- It's a pleasure to attend this social occasion.
- The doctor's surgery was engaged so I left a message.

c **4.10** Listen to Francesca describing her week. Look at sentences 1–6 below and write the day of the week (M to F) each thing happened on.

- She was late because she had to make a call from her landline. ☐
- She wasn't able to warn a friend that she was going to be late. ☐
- She wasted a lot of money calling from a pay-phone. ☐
- She discovered an advantage of not having a mobile. ☐
- She arrived late because she couldn't call and ask for directions. ☐
- She felt an overwhelming desire to check her text messages. ☐

d Listen again for more detail about what happened on each day. Compare with a partner and retell the main events in Francesca's week.

e **4.11** Now listen to what happened on Saturday. What does she conclude is the result of not having a mobile? What decision did she take?

f If you had done the same experiment as the journalist, do you think you would have come to the same conclusion?

3 GRAMMAR conditional sentences

a Match the halves of the conditional sentences.

- | | |
|-----------------------------------------------|--------------------------------------------------------------------|
| 1 If I'd had my mobile, | <input type="checkbox"/> A I wouldn't know what to do. |
| 2 If I wasn't a journalist, | <input type="checkbox"/> B I'd enjoy our conversations more. |
| 3 If I called my mother more on the landline, | <input type="checkbox"/> C I wouldn't do it. |
| 4 If I'd known exactly where my friend lived, | <input type="checkbox"/> D I'd have sent her a text. |
| 5 If I lost my phone, | <input type="checkbox"/> E I wouldn't have got lost. |
| 6 If I were asked to repeat this experiment, | <input type="checkbox"/> F I would never have done the experiment. |

b Which sentences refer to present or future situations and which ones refer to the past? What is different about sentence 2?

c **p.147 Grammar Bank 4C.** Read the rules and do the exercises.

d In groups of three or four, discuss the questions.

- What gadgets do you use that you wouldn't be able to live without?
- Supposing the Internet hadn't been invented, to what extent would this affect the way you work / study / use your free time?
- If you could go back in time, is there anything you would change about your career / studies?
- Would you be prepared to go and work or study in another country even if you didn't speak the language at all?
- What language would you have chosen to study if you hadn't had to learn English?
- Would you be prepared to lend your car / motorbike to somebody provided that they were insured to drive it?

4 READING

- a Apart from mobile phones, what other gadgets or activities do you think people are addicted to or obsessed with in the 21st century?
- b Read the article once. What exactly are 'behavioural addictions'? In what way are they different from what most people think of as addictions? How can they be treated?

Are we hooked on addiction?

The word 'addict' for most people conjures up images of drug users or alcoholics. But today there is a new breed of addicts...

DR MARK COLLINS is the head of the addictions unit at the Priory, an expensive clinic in Roehampton. 'Over the last 18 months we have noticed a big rise in the number of behavioural addictions, so-called to distinguish them from substance dependencies,' he says. 'People are looking down on smokers, alcoholics, and cocaine addicts, but then go and spend five hours in an Internet chat room,' says Collins. Behavioural addictions include compulsive attachments to plastic surgery, the Internet, mobile phones, and even sun beds.

It seems that in our fast-paced pressurized modern life, we are increasingly turning to comfort behaviour, activities which temporarily make us feel happier, less stressed and lonely. And experts warn that these are the very things that can lead us into dependency no matter how harmless they may seem at first. And while behavioural addictions may sound less serious than being hooked on drink or drugs, according to experts, their potential for wrecking lives may actually be quite similar. They can lead to obsession, debt, and the breakdown of relationships.

Internet addiction

Caroline Harrison, 37, a full time mother of three, admits to compulsively using the Internet. 'I was surfing to discover something about my youngest child's skin problem when I found this amazing parenting website with lively message boards,' she says. 'Soon I found I couldn't go a day without logging on. I started spending all evening 'chatting' to my new online friends instead of spending time with my husband. It never crossed my mind that it could be addictive. But now I feel edgy and tense if I can't access my computer. It's as if I can't help myself. The people there seem more real and supportive than my own family and friends. I often feel depressed and lonely in real life because my husband works long hours, so being on the site makes me feel good. Well, temporarily good.'

Tanning obsession

Even more worrying is the behaviour of 14-year-old Tracey Barlow, who is now seeking treatment for her addiction to tanning. The teenager has been visiting tanning parlours three times a week, and at one stage was having treatments five days a week. Her skin is already prematurely aged, and she has been warned that she risks getting skin cancer, but despite being warned of the risks she says she feels overwhelmingly anxious if she perceives her tan to be fading. 'It's like an illness with her,' says her despairing mother. 'She hates being pale.'

Shopaholic

For 26-year-old sales manager Emily Lane, it was her love of shopping that got dangerously out of hand. Her compulsive spending on designer clothes, shoes, and handbags left her with £30,000-worth of debt and destroyed her relationship with her boyfriend, James. She admits that many of the items she bought remain unused, but that she found it impossible to stop spending. 'Coming home with armfuls of bags gave me an enormous high, and I needed to keep on buying more clothes, shoes, and accessories to keep getting it. I would shop in my lunch hour, after work, and at weekends, but I couldn't see that I had a problem until James split up with me over it.'

DR ROBERT LEFEVER, of the Promis Recovery Centre, who has himself overcome addictions to gambling and work, explains, 'Deep down sufferers are usually depressed. In that state you can become hooked on anything that changes the way you feel and even if you try to stop the behaviour, you will find it extremely hard, at least without becoming bad-tempered or anxious.'

Dr Lefever believes that compulsive behaviour often manifests itself in clusters. There is, for example, the 'eating disorder cluster', which also includes shopping and spending, work, cosmetic surgery, and exercise, the 'hedonistic cluster' which includes alcohol, drugs, caffeine, sex, and gambling, and the 'relationship cluster' which includes compulsive helping of others, and addiction to love and being in love. 'If you are addicted to one thing in the cluster, you are at risk of becoming addicted to the others,' he says.

Whatever your age, Lefever believes that if you have a serious compulsive problem that is interfering with your life, then the most effective treatment is a stay in a clinic, or therapy with a psychologist who understands addiction. 'Addiction is treatable,' he says. 'And I see this every day, in myself and in other people.'



- c Read the article again. Then choose a, b, or c from the options below.

- 1 According to experts, behavioural addictions _____.
 - a are not as serious as being addicted to drink or drugs
 - b are more serious than being addicted to drink or drugs
 - c can be just as serious as being addicted to drink or drugs
- 2 Caroline Harrison says that she feels the need _____.
 - a to do something about her addiction
 - b to chat online every day
 - c to spend more time with her husband
- 3 Tracey Barlow _____.
 - a is slightly less addicted than she used to be
 - b can no longer afford to pay for so many tanning sessions
 - c has an illness as a result of her addiction
- 4 Emily Lane thinks that _____.
 - a if she hadn't been a shopaholic, her boyfriend wouldn't have left her
 - b her boyfriend should have helped her overcome her addiction
 - c the money she owed caused the break-up with her boyfriend
- 5 Dr Lefever thinks that _____.
 - a if you are addicted to coffee, you might also become addicted to shopping
 - b if you have an eating disorder, you will probably become addicted to smoking
 - c if you are addicted to going to the gym, you may also become addicted to having cosmetic surgery

LEXIS IN CONTEXT

- d Look at the highlighted words and phrases related to addictions. With a partner, decide what you think they mean.
- e Do you think the addictions referred to in the article are a problem in your country?

5 VOCABULARY adjectives + prepositions

- a Complete the prepositions column with one from the list.

for of on to with

prepositions

- 1 A lot of people are **obsessed** ☐ celebrities and their lifestyles. _____
- 2 Some young people are becoming **addicted** ☐ social networking websites. _____
- 3 People are normally very kind and **helpful** ☐ foreign tourists. _____
- 4 Most young people are **dependent** ☐ their parents until their mid-twenties. _____
- 5 People are totally **fed up** ☐ the number of commercials on TV. _____
- 6 Older people aren't as **open** ☐ new ideas and fashions as younger people are. _____
- 7 People are **sick** ☐ being bombarded with depressing news by the media. _____
- 8 Our country is **famous** worldwide ☐ its cuisine. _____
- 9 A lot of people are **hooked** ☐ Latin-American soap operas. _____
- 10 As a nation we are very **proud** ☐ our achievements on the football pitch. _____
- 11 Couples are not as **keen** ☐ having children as they used to be. _____

- b Cover the prepositions column and say the sentence with the correct preposition.
- c With a partner, say to what extent the sentences are true for your country, and give examples.

6 LISTENING & SPEAKING

- a **4.13** Listen to five people talking about obsessions. What are they or the people they mention obsessed with or addicted to?
- b Listen again and answer with the number(s) of the speaker. Who...?
- ☐ A says that their obsession started as a result of a family incident
 - ☐ B doesn't really think that they are obsessive
 - ☐ C thinks that the obsession makes the person bad company
 - ☐ D says that the obsession started because of a family member
 - ☐ E doesn't think that the obsession serves any purpose
- c Talk in small groups. Try to think of someone for as many categories as possible.

Do you know anyone who is

'addicted' to...?

- a machine or gadget
- a particular TV series
- work
- shopping
- chatting online
- electronic games
- anything else

obsessed with...?

- tidying / cleaning
- their appearance
- keeping fit
- healthy eating
- anything else

How long has it been going on for?

Does it interfere with his / her life?

Does it affect the people around him / her?

Does he / she talk about it?

How serious do you think it is?

Do you think they should do something about it?

